

Parts of UK in heatwave alert

1 July 2009



Heatwave conditions have been confirmed across parts of the UK, as the Met Office raises the Heat-Health Watch to level three for London and South East England.

Over the last few days parts of England have seen temperatures climb to highs of around 31 °C by day, but a key factor has been the night-time temperatures. Lows in some areas have not fallen below 18 °C.

Head of Health Forecasting at the Met Office, Wayne Elliott, said: "There are four key things to try and remember during a heatwave. If possible stay out of the heat during the middle part of the day; cool yourself down; keep your environment cool and look out for others, especially older people, those living alone and babies and young children."

Heatwaves can be dangerous. Advice on how to reduce the risk, either for yourself or somebody you know, can be obtained from the NHS or your local pharmacist.

Chief Forecaster at the Met Office, Eddy Carroll, said: "Temperatures are likely to peak today and tomorrow, reaching 32 °C before becoming less hot by the weekend as noticeably fresher conditions with the risk of showers pushes east across the country."

Showers bring the risk of some large rainfall totals locally and the Met Office has issued an advisory of heavy rainfall for parts of western Britain on Thursday.

[The latest Heat-Health Watch](#)

[The latest UK weather forecast](#)

[UK severe weather warnings](#)

Notes

- More information about hot weather and health can be found at www.nhs.uk. If you are concerned about your health or somebody you care for, please contact [NHS Direct](#) on 0845 4647 or your local pharmacist.